



U.S. ARMY AVIATION CENTER
FORT RUCKER, ALABAMA 36362-5000
"Our Mission is Warfighting!"



ISSUE 2-03

RETIREMENT SERVICES BULLETIN

FALL 2003

This is an official functional bulletin published semi-annually under the authority of AR 600-8-7 by the Retirement Services Office, Directorate of Human Resources, Fort Rucker, Alabama, as a service to Army retirees and their family/survivors residing within the geographical jurisdiction of the installation. Official information contained herein is valid until changed or superseded in a later issue of the Bulletin or other official publications. Editorial comments are not necessarily those of the Command or the U.S. Army.

Fort Rucker Retiree Council Co-Chairmen Column
COL (R) Andrew J. Miller & CSM (R) Charles Frye

Now that another year has passed by it is time for the Fort Rucker Retiree Council to prepare for another Fort Rucker Retiree Appreciation Day (RAD).

Planning has been going on. The Retirement Services Office, Lyster Army Hospital and the CG's Retiree Council are busy planning activities for 31 October and 1 November 2003. Basically, the activities will follow the pattern of the past few years and specific details can be found elsewhere in this bulletin. There will be a number of door prizes, good food to include SOS for Saturday's breakfast, a panel of experts to bring us up to speed on issue, and tentatively, Ms. Avis Allen, Deputy, Army Retirement Services Officer from Washington will be one of the guest speakers.

This year we expect the flu vaccine to be available so that you can get your shot as part of the Health Fair. (See Lyster Army Community Hospital news in this Bulletin).

Issues for this year include concurrent pay receipt and increasing the after age 62 benefits of SBP, so keep those letters going to your Congressman and Senators. We have many organizations helping in these efforts but we also have to help ourselves. Hope to see you at Fort Rucker, (RAD) 31 October and 1 November 2003.

COL (Ret) John Miller

CSM (Ret) Charles E. Frye

Retirement Services Officer's Message
Will A. Newman

I would like to add my thanks to the Retiree Council for their support of the retiree community and especially to COL(R) Charles A. Block, USMC, for his work in continuing the retiree e-mail service. COL Block worked longed and hard to update the distribution list and now volunteers several hours each week providing information to all of you via this e-mail service. If you are interested in getting updates on retiree issues from COL Block, send an e-mail to retirees@rucker.army.mil and he'll be glad to add you to our distribution list.

The RAD will feature informative speakers and representatives of several organizations to update us on all issues affecting retirees so make plans to be there on 31 October and 1 November 2003.

****Update.** I receive several change of address requests with the SSN not provided. How ever, it is necessary to provide the retiree SSN for me to make the necessary change of address within the system. If you have questions or need assistance with retiree issues, the Ft. Rucker RSO number is (334) 255-9739, or (800) 240-9373, and e-mail is retirees@rucker.army.mil. Let us hear from you.

FORT RUCKER RETIREE APPRECIATION DAYS, 31 OCTOBER 2003 – 1 NOVEMBER 2003
BE INFORMED, BE THERE!
MARK YOUR CALENDARS !!
RETIREE APPRECIATION DAYS 31 OCTOBER 2003- 1 NOVEMBER 2003 !!

Information in this area has been redacted due to Privacy Act Restrictions

Ft Rucker Retiree Council members are appointed by COL Thomas W. Young, Garrison Commander, U.S. Army Aviation Center and Fort Rucker, under the provisions of the Retiree Council Constitution and By-Laws.

FUNERAL HONORS

Ft. Rucker supplies an Honors Team for deceased active duty, retirees, POWs, Medal of Honor recipients, and honorably discharged veterans. Funeral Honors must be requested no later than 24 hours prior to the funeral service to allow time for Honors Team notification, preparation, and travel. To request Funeral Honors, inform your funeral director or call the Fort Rucker Casualty Operations at (334)255-9081/9311 or (800)661-1407. Verification of service for veterans must be provided; usually a DD Form 214 or similar discharge document showing honorable service. Retiree's service can be verified by the Casualty Office.

HEALTH CONDITIONS RELATED TO VIETNAM SERVICE
From the VA Agent Orange Review May 2002

Health conditions recognized as service-connected for Vietnam veterans based on exposure to Agent Orange or other herbicides include the following: Chloracne; Non-Hodgkin's Lymphoma; Soft Tissue Sarcoma; Hodgkin's Disease; Porphyria Cutanea Tarda; Multiple Myeloma; Respiratory Cancers including cancers of the lung, larynx, trachea, and bronchus; Prostate Cancer; Acute and Subacute Transient Peripheral Neuropathy; Type 2 Diabetes. For more information, contact your local VA representative.

ID CARD AND DEERS UPDATE PROCEDURES

When it is time for a family member to renew an ID Card, one of the following must be done:

1. The sponsor comes in with the family member to sign the application.
2. The sponsor comes in before the family member, completes and signs the paperwork. The family member can then come in any time within 90 days to renew the ID Card.
3. The family member can renew the ID Card without the sponsor's signature if that family member has a valid Power of Attorney authorizing them to sign for the sponsor.

RESPONSIBILITY

Sponsors are responsible for ensuring their DEERS record remains up-to-date. Events such as divorce, children's marriage, children joining the service, etc., affect the eligibility of benefits of these family members. Failure to update DEERS records could result in the sponsor being held responsible for medical claims filed for unauthorized family members.

The ID Card Workcenter is located in the Soldier Service Center, Building 5700, Room 160. Telephone numbers are (334)255-1857/2437/9040. Hours of operation are 7:30 A.M. – 4:00P.M., Mon – Fri.

LOCATE THE ID CARD OFFICE NEAREST YOU

For those of you not living close to a military installation, you can locate the ID Card/DEERS office closest to you by going on-line at www.dmdc.osd.mil/rs/. You can enter town, state, or zip code and find the nearest location with street, city, and phone number. There might be a National Guard/Reserve site close to you for ID Card issue and DEERS updates.

31 October 2003 Retiree Health Fair to be Hosted by Lyster Army Community Hospital

Lyster Army Community Hospital will host the annual Retiree Health Fair on 31 October 2003 from 8:00 a.m. until 2:00 p.m. during the Retiree Appreciation Days at Fort Rucker, AL. As always, the Retiree Health Fair will afford you the opportunity to have screenings for your blood pressure, cholesterol, and vision to include glaucoma screening, and oral cancer screenings. COL Gillingham, Hospital Commander, says "We are adding something new to the Health Fair this year. The staff will provide educational material and classes concentrating on The Health Status of Older Adults. Today we are living longer and have more conditions to learn to cope with than our parents did. Education on what causes these problems, prevention and how to treat these conditions will be the concentration of the educational material and classes. Topics will include, but not limited to, osteoporosis, osteoarthritis, dementia, diabetes, high blood pressure, depression, nutrition, hearing aid program, and many others." The Immunization Clinic will be providing the flu shot as well as the pneumonia vaccination. As a reminder, the pneumonia vaccination and tetanus vaccine require a written request from your physician. The hospital Dining Facility will be serving breakfast from 6:00 a.m. – 9:30 a.m. and lunch from 11:00 a.m. – 1:30 p.m. at a minimal cost. The parking lot on the east side of the hospital will be available for parking providing easier access to the hospital health fair area. "We have recognized the inconvenience for patients to walk long distances and we are concentrating the health fair in a central location, therefore, the health fair will be centrally located on the east side of the hospital", says COL Gillingham. It is the goal of the Lyster Army Community Hospital staff to provide you with information that will enhance your health and enable you to become more adept in dealing with any medical problems you may already encounter. We look forward to seeing each of you at the Retiree Health Fair on October 31, 2003!

FORT RUCKER INFORMATION, TICKETING AND REGISTRATION OFFICE

The Fort Rucker Information, Ticketing and Registration Office invites you to join us on the remainder of our tours planned for 2003. All of our land trips are on a chartered motor coach so that you can travel in comfort and leave the driving to us! Our tours are open to all active and retired military, their family members, and guests -- so bring along a friend. The following tours have been planned for this year; prices and detailed information about the tours are available through our office upon request. It's never too early to plan!

| | |
|--|----------------|
| Asheville, NC & Helen, GA | October 17-21 |
| Disney World at Thanksgiving | November 27-30 |
| Magic Christmas in Lights at Bellingrath Gardens | December 6-7 |
| Nashville Country Christmas | December 15-17 |

The ITR Office sells discounted tickets to such destinations as Disney World, Sea World, Universal Studios, Busch Gardens, Six Flags Over Georgia, Dollywood, the Alabama Space and Rocket Center, and a variety of dinner shows in the Central Florida area. We are now carrying some of the shows in Branson as well. A ticket rate sheet will be sent on request. ITR can also assist you in obtaining hotel reservations nationwide plus information about reservations at Shades of Green. ITR also has information on the Armed Forces Vacation Club through which you can make reservations at condominiums throughout the world for the great price of \$249 for seven nights.

If you want to know more about the ins and outs of Space Available Travel on military aircraft, plan on attending our ITR "Space-A 101" lunch seminar on Thursday, October 9 at noon in the South Tower 2nd floor break room of the Soldier Service Center. Bring your lunch; so you can feed both your stomach and your brain!

The Information, Ticketing and Registration Office is located in the Soldier Service Center, Bldg 5700, Room 130. Office hours are from 9 am to 5 pm Monday through Friday; the office is closed for lunch from 1-2 pm. Call (334) 255-2997 for more information concerning tours, tickets, or reservations; write to ITR at P.O. Box 620189, Fort Rucker, AL 36362 or e-mail LindsayH@rucker.army.mil. Let us put you on our mailing list (both snail and e-mail); so you'll be the first to find out about our tours!

RETIREMENT SERVICES OFFICE TOLL FREE NUMBER

To better serve the retiree community, the Fort Rucker Retirement Services Office has a toll free telephone number. The number is (800) 240-9373. This number is for outside our calling area only. Our local number is (334)255-9739. When calling, be sure to have the full name of the retiree and spouse as well as SSNs, address, and a telephone number for the RSO to contact the caller. We cannot transfer your call to other numbers on Ft. Rucker from the 800 number.

TRICARE HEALTH, DENTAL CONTACT INFORMATION

Retirees in Alabama, Mississippi, and the Florida Panhandle (TRICARE Region 4, Gulfsouth), can contact TRICARE at (800) 444-5445. The Retiree Dental Plan toll free number is (888) 838-8737

ICE - INTERACTIVE CUSTOMER EVALUATION

Fort Rucker has found yet another way to improve customer service. A web-based customer feedback system, called ICE, has been set up so that you can rate any facility in the comfort and privacy of your own home. All you have to do is go to www.ice.disa.mil, enter Fort Rucker, click on the category that best describes the service you would like to rate, then fill out the comment card on the facility of your choosing. It's that easy! Your responses will help us serve you better. We look forward to hearing from you soon!

The National Personnel Records Center

NPRC initiates online records request procedures

The National Personnel Records Center is working to make it easier for veterans with computers and Internet access to obtain copies of documents from their military files.

Military veterans and the next of kin of deceased former military members may now use a new online military personnel records system to request documents. Other individuals with a need for documents must still complete the Standard Form 180 which can be downloaded from the online web site. The New web-based application was designed to provide better service on these requests by eliminating the records center's mailroom processing time. Also, because the requester will be asked to supply all information essential for NPRC to process the request, delays that normally occur when NPRC has to ask veterans for additional information will be minimized. Veterans and next of kin may access this application at <<<<http://vetrecs.archives.gov>>>>. Please note there is no requirement to type "www" in front of the web address

WWII Registry of Remembrance Opens July 4th
World War II Memorial Newsletter, Summer 2003.5

WWII Registry went online for the general public on Independence Day, July 4th this year. The Registry is accessible through the memorial's web site at www.wwiimemorial.com. The Registry comprises more than 1.3 million names of those who helped win World War II, whether in uniform or on the home front. While most listings have been entered by our Charter Members, the Registry also includes the National Archives list of those killed in service in WWII, the names of those buried in American Battle Monuments Commission's overseas WWII cemeteries, and the names of those listed on ABMC Tables of the Missing. Go to www.wwiimemorial.com and click on the "WWII Registry" link to view the Registry or enter a new name. The Registry will also be available for viewing on site at the memorial when it is dedicated in May 2004.

Armed Forces Retirement Home

There is two Armed Force Retirement Homes one is located in Washington, DC phone number 1-800-422-9988 and the other one located in Gulfport, MS 1-800-332-3527.

Octoberfest

Octoberfest will be held on Friday 10 October 2003 at Howze field. There will be food, beer, a band and lots of fun. The festivities begin at 1500 hours. For more information you can call 255-9810

JOIN US FOR FUN, FOOD, AND GREAT DOOR PRIZES AT THE 2003 RAD!!

U.S. ARMY SOLDIER SHOW

This years Annual Soldier Show will offer 2 days of performances. First performance will be Saturday October 25th from 1930-2100. There will be two on Sunday the 26th, one at 1530-1700 and the second at 1930-2100. Performances are open to the public and admission is FREE.

AAAA/MWR 5K CHILI COOK-OFF

12th annual AAAA/MWR Chili cook-off and 5K run will be Saturday, 1 November 2003. Early registration for the run is \$13.00 and ensures you a spot and the commemorative t-shirt and registration the day of the event is \$15.00. Run Begins at 1000. The chili cooking begins at 0600 and at 1000 the public can sample each chili for .50 cents per 4oz. serving and then vote. For More Information see our website www.chili5k.com or call 255-9810.

Annual Turkey Shoot Golf Tournament

November 15th is our Annual Turkey Shoot Golf Tournament at SWGC. This is an 18 hole 2 person Stable ford format. Entry fee is \$15.00 per player. Pick your own partner. Tee time start 0700. Established handicap required or Stable ford point average. For more information call 598-2449

Youth and Disabled Fishing Tournament

November 15th and 16th is the Youth and Disabled Fishing Tournament at Ech Lake. This is an all day event and anyone interested in registering for this tournament or for more information please call 255-4305.

Auto Craft Center

November 20th, 21st, and 24th the Auto Craft Center will be performing FREE Vehicle Inspections. This service will be offered between the hours of 1300 through 1900. The Auto Craft Center is located in Bldg 1902 off Third Avenue. For more Information please call 255-9725

December 18th, 19th, and 20th the Auto Craft Center will offer FREE Holiday Readiness Vehicle Inspections. Auto Craft Center is located in Bldg. 1902 off Third Avenue. For more Information call 255-9725 .

Christmas Tree Lighting Ceremony

December 4th is our Installation Christmas Tree lighting ceremony. This event will take place from 1600 to 2000 on the corner of Novosel and Andrews Avenue. Please come out and enjoy this festive time of year. POC is Charlene Madaffer-Meehan 255-9810

REGULAR ACTIVITIES:

Hot and Delicious Lunches: From Tuesday to Friday, 11:00 a.m.-1:00 p.m. Aviators' Landing (FKA O'Club) offers Hot Plate Specials for lunch: Tuesday- Mexican, Wednesday- All-American, Thursday- Italian, Friday- Catfish, Every Day Special: Fried Chicken & Trimmings. Don't forget, buy 9 lunches and get the 10th free, just ask for our Aviators' Landing card at the time of checkout.

Lunch Discounts :we are offering a 10% discount to our valued customers at Aviators' Landing every day of the week as follows: Tuesday is "Active Duty Enlisted Day", Wednesday is "Retiree Day", Thursday is "DOD Civilian Day" and Friday is "Active Duty Officer Day". For more information please call 598-2426

Prime Rib Night: Prime Rib Special night is always the last Saturday of the month Aviators' Landing. Dining begins at 5:30 PM and reservations are required. Dinner includes a tender cut of prime rib, baked potato with all the trimmings, cooked vegetables, and your choice of soup or salad. All topped off with your favorite beverage. Everyone is invited to attend and enjoy this special night out. For more information or to make reservations please call 598-2426. See You There!

**29TH ANNUAL FORT RUCKER APPRECIATION DAYS
OCTOBER 31 AND 1 NOVEMBER, 2003**

The Fort Rucker Commanding General, Retiree Council, and Retirement Services Office welcome you to the 29th annual Retiree Appreciation Days. Please use this agenda in making your selection prior to mailing in the pre-registration form.

HEALTH & INFORMATION FAIR, 8:00 A.M. – 2:00 P.M.: The commander and staff of Lyster Community Hospital and Army Dental Activity welcome this year's attendees. The following services will be offered: Cholesterol, blood pressure, oral cancer, and visual acuity/glaucoma screening. Representatives from Legal, Veterans' Affairs, TRICARE, Consumer Affairs, Patient Assistance Office, ITR/Carlson Wagonlit, Social Security, and others will be on hand to answer questions and provide information. The hospital staff will provide educational material and classes concentrating on the health status of older adults. Topics will include, but not be limited to – osteoporosis, osteoarthritis, dementia, diabetes, high blood pressure, depression, nutrition, hearing aid program, and many others.

FLU/PNEUMONIA/TETANUS SHOTS

There is currently no indication of a delay in obtaining the flu shots. If, due to unforeseen circumstances, the flu shot will not be available, we will make every effort to notify you prior to the RAD. The pneumonia and tetanus vaccination will be available but those needing it must bring a prescription from their primary care physician.

REVIEW AND RETIREMENT CEREMONY: Ceremony will be held at 4:00 P.M. on Howze Field (formerly known as Center Parade Field), Novosel Street, across from the Post Headquarters. There will be reserved seating for retirees, family members, and their guests. Inclement weather location will be inside the Aviation Museum on Novosel Street.

COMMAND GROUP – RETIREE SOCIAL & DINNER: The Command Group Social and Dinner will be at the AVIATORS' LANDING immediately following the Review and Retirement Ceremony with a pay-as-you-go bar opening at 4:30 P.M. The Social and Dinner have been combined and is open to those who have registered and paid in advance for dinner. Come socialize with your fellow retirees and the command group. The dinner buffet will begin at 5:30 P.M. Please limit the buffet to one trip until all participants have a chance to eat. Be sure to get your tickets for the door prize drawings!

Dinner Buffet Menu: Turkey Devine, Roast Beef, Whipped Potatoes, Green Beans, Pumpkin Pie, Garden Salad, Rolls, Coffee, and Tea. COST IS \$10.95 PER PERSON, IN ADVANCE.

NOVEMBER 01: ALL ACTIVITIES AT THE AVIATORS' LANDING

BREAKFAST BUFFET: 7:00 A.M. (advance reservations only). Cost is \$6.75 per person

Breakfast Buffet Menu: Scrambled eggs, Creamed Beef (SOS), Ham, Sausage links, Hash Browns, Biscuits, Toast, Fruit Preserves, Coffee, and Orange Juice.

RAD GENERAL SESSION, 8:00 A.M. – 12:00 NOON: Guest Speakers MG Kathryn G. Frost, Commander Army and Air Force Exchange Service, and Ms. Avis Allen, Deputy Chief, Army Retirement Services Office. A panel consisting of Ft. Rucker staff, Veteran's Administration, and Social Security Office representatives will brief on retiree issues and answer questions. Drawings for door prizes will be held throughout the morning. **LUNCH BUFFET, 12 NOON (advance reservations only):** Cost is \$8.55 per person.

Lunch Buffet Menu: Baked & Fried Chicken, Meatloaf, Au Gratin Potatoes, Vegetable Medley, Banana Pudding, Garden Salad, Rolls, Coffee, and Tea.

JOIN US FOR FUN, FOOD, AND GREAT DOOR PRIZES AT THE 2003 RAD!!
SACs Fifth Avenue

The Skills Arts and Craft Center offers many different types of classes. They range from Ceramics to Wood Crafts. You can build your own furniture and make things to sit on top. They offer framing classes or they will frame for you. If stained glass is your thing or maybe the all new popular mosaics they have classes for that as well. They also offer a full line of gifts and laser engraving. For more information on classes and schedules of times and days please call 255-9020.

AAFES

AAFES is committed to taking care of our customers and especially you during these appreciation days as well as year round. We appreciate your business and support of all AAFES operations. WE have a super

sale planned just during this time in appreciation of Retirees here in the AREA. We also have goodie bags for every attendee. As you know this is another way of saying thanks. Looking forward to this years retiree days is worth the trip to your exchange. Many things planned, super sales, discount tickets. Event fliers will be available in your goodie bags.

DD-214 PROTECTION UPDATE

In the last session of the Alabama Legislature a bill was passed that provides privacy protection for DD-214's that are on file with Alabama Courts. The bill that was passed did not include the Air Force or Coast Guard. The version of the bill your Chapter helped draft did include a revision to the old law (which also excluded the USAF and USCG) to include those services. As a result of the omission Charlie Block is again working with Senator Holly and the legislative staff to get the bill changed. Senator Holly said he would introduce the change in the September session.

MYPAY

My pay is a innovative, automated system that puts you in control of processing certain discretionary pay data items without using paper forms. MyPay saves time – MyPay eliminates the need to write letters or fill out forms by letting you make your own changes. Immediately with user-friendly technology. MyPay is convenient. You can access MyPay nearly 24 hours a day, 7 days a week to change or review your current information. MyPay is reliable – MyPay has the same procedural checks for accuracy as used in paper forms. In order to use MyPay, you need your Social Security Number (SSN) and MyPay Personal Identification Number (PIN). If you need a PIN: You should FAX or email a request for PIN with the following information to DFAS: Name, SSN, Copy of your government photo ID (if you do not have a government photo ID, you can send a copy of your driver's license or other photo ID), Daytime phone number and signature. My pay features view and print Retiree Account Statement, View and print tax statements (1099), Change federal and state withholding, Update bank account and EFT information, Manage financial allotments, Edit personal address information and Saving bonds.

Fax: 216-522-5800 or
Send this information to:
DFAS-Cleveland/PMCAA
ATTN: MyPay
1240 East 9th Street
Cleveland, Ohio 44199

FT. RUCKER DAYS OF NO SCHEDULED ACTIVITY (DONSA)
(Training Holidays for us older soldiers)

Ft. Rucker observes DONSA's in conjunction with several federal holidays. You're likely to find the activity you want to visit is closed on these days. Here is a list of the scheduled DONSA's for the Fiscal Year 2003. Please plan your visits around these days. 28 Nov 03 (Friday after Thanksgiving), 24Dec03 (Christmas Eve), 31Dec03 (New year's Eve); 28May04 (Friday before Memorial Day); 05Jul04 (Monday after Independence Day); and 03 Sep 04 (Friday before Labor Day)

JOIN US FOR FUN, FOOD, AND GREAT DOOR PRIZES AT THE 2003 RAD!!

CASUALTY REPORTING PROCEDURES

Retiree deaths should be reported to DFAS by calling 1-800-269-5170. Please be prepared to provide the retiree's name, Social Security Number and date of death along with contact information for the retiree's designated beneficiary or next of kin. Upon receipt of the casualty report, a DFAS representative will enter all information to initiate casualty processing.

UPDATING YOUR ADDRESS AND BENEFICIARIES

To ensure proper receipt of tax documents, retiree account statements (RAS) and the latest retiree informational releases, it is important to keep mailing address current.

Combat-Related Special Compensation

Combat-related special compensation was authorized by the FY 2003 National Defense Authorization Act for certain retirees with combat or operations-related disabilities. To be eligible, retirees must have 20 years of service for retired pay computation and have a disability for which they received a Purple Heart and are rated at least 10 percent disabled, or have 20 years of service for retired pay computation and be rated at least 60% disabled because of armed conflict, hazardous duty, training exercises or mishaps involving military equipment.

Payments are currently considered tax exempt and will equal the amount of VA disability compensation for combat-related disabilities at the veteran-alone rates. Payments will be reduced for those retirees whose retired pay exceeds what they would have received for length of service.

Members must apply to their own branch of service using DD Form 2680, Application for CRSC. The form and address information are available online at: [http:// www.dior.whs.mil/forms/DD2860.pdf](http://www.dior.whs.mil/forms/DD2860.pdf)

Each Uniformed Service will review the applications of their own retirees, with the Department of the Navy reviewing applications for both the Navy and Marine Corps. Payments will be retroactive to June 1, 2003, for all approved applications, no matter when received, to the extent otherwise allowed in law, provided the applicant is otherwise qualified. Read more about CRSC at <http://www.dfas.mil/money/retired>

THE COE PROCESS FOR SBP RECIPIENT

Certificate of Eligibility (COE's) are automatically generated and sent to annuitants approximately 90 days prior to their birthday each year. The COE should be completed by the annuitant and returned via mail or fax before the annuitant's birthday to avoid any interruption in pay. If a legal representative such as a power of attorney has been added to an annuitant's account that individual should complete and sign the form, making the legal representative portion as requested. Upon return of the COE, DFAS will process the document according to the information provided and will either continue, adjust or terminate the annuitant's pay as appropriate. A marriage certificate is required when the "I married in the past year. . ." box is marked to update the annuitant's account properly. An annuitant should include his or her name and Social Security Number, the name and Social Security Number of his or her deceased sponsor and the signature and date. Forms can be mailed to DFAS, US Military Annuitant Pay, PO Box 7131, London, KY 40742-7131 or can be faxed to 1-800-982-8459